Group Exercise Timetable

Withdean Sports Complex

Accurate as of 12/10/2024

Times for Tuesday 26 October

Time	Session	Facility	Instructor	Level
8:00 am - 8:30 am	Ride Virtual Studio Coach	Ride Indoor Cycling Studio	Virtual coach	
8:15 am - 9:10 am	Body Balance	Energy Studio	H	all levels
9:15 am - 10:00 am	FIT	Energy Studio	H	all levels
9:15 am - 10:15 am	Sun Power Yoga	Livewell Studio	Alex	
9:30 am - 10:15 am	Ride Rhythm	Ride Indoor Cycling Studio	Kieran	
9:30 am - 11:00 am	Tennis Adult Intermediate	Indoor Tennis Court		
10:05 am - 11:05 am	Body Pump	Energy Studio	H	all levels
10:20 am - 11:20 am	Somatics Yoga	Livewell Studio	Alex	
10:30 am - 11:15 am	Ride Virtual Tour Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
11:30 am - 12:20 pm	Ride Virtual Studio Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
11:30 am - 12:30 pm	Pilates	Livewell Studio	Zoe	all levels
12:30 pm - 1:00 pm	Ride Virtual Studio Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
1:30 pm - 2:00 pm	Ride Virtual Tour Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
2:30 pm - 3:20 pm	Ride Virtual Studio Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
3:30 pm - 4:15 pm	Ride Virtual Tour Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
4:30 pm - 5:00 pm	Ride Virtual Tour Coach	Ride Indoor Cycling Studio	Virtual coach	all levels
5:15 pm - 6:00 pm	Ride Vista	Ride Indoor Cycling Studio	Tatiana	all levels
5:45 pm - 6:30 pm	Body Combat	Energy Studio	Sarah-Jane	all levels
6:00 pm - 6:30 pm	Synrgy Circuits	Gym	Gym Team	all levels
6:15 pm - 6:45 pm	RIde Colour Base Fitness	Ride Indoor Cycling Studio	Tatiana	all levels
6:30 pm - 8:00 pm	Tennis Adult Drills Advanced	Indoor Tennis Court		

Time	Session	Facility	Instructor	Level
6:35 pm - 7:20 pm	FIT	Energy Studio	Abbi	all levels
6:35 pm - 7:20 pm	Body Balance	Livewell Studio	Elle	all levels
7:30 pm - 8:30 pm	Pilates	Livewell Studio	John	all levels
8:30 pm - 9:00 pm	Ride Virtual Tour Coach	Ride Indoor Cycling Studio	Virtual coach	all levels